



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Medenwald, Daniel

Club: KRC safersurf.com Aschersleben
Number: 355

Course: 26.20 km
Brockenlauf

Category:
Männer (20-29 Jahre)

Total time: 1:47:48

Speed: 14.47 km/h
Running performance: 4:07 min/km

Rank in course/Total: 3 (of 426)

Rank in course/Men: 3 (of 371)

Best time in course: 1:42:20

Rank in category: 2(of 37)

Best time in the category: 1:42:20

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	12:31	3:47	2	0:05	2	0:05	3.30	12:31	3:47	21		3	0:05
Schlüsie	3.10	14:15	4:35	2	0:49	4	0:49	6.40	26:46	4:10	21		3	0:54
Hermannsklippe	2.60	12:22	4:45	2	0:37	2	0:37	9.00	39:08	4:20	21		3	1:31
Brocken	3.10	19:38	6:19	2	1:32	2	1:32	12.10	58:46	4:51	21		3	3:03
Eiserner Handwe	3.60	13:24	3:43	2	0:44	6	1:26	15.70	1:12:10	4:35	21		3	3:47
Schlüsie	4.10	12:46	3:06	2	0:11	5	0:50	19.80	1:24:56	4:17	21		3	3:58
Loddenke	3.10	10:46	3:28	2	0:33	4	0:33	22.90	1:35:42	4:10	21		3	4:31
Ilseburg/Markt	3.30	12:06	3:40	2	0:57	6	0:57	26.20	1:47:48	4:06	2	5:28	3	5:28